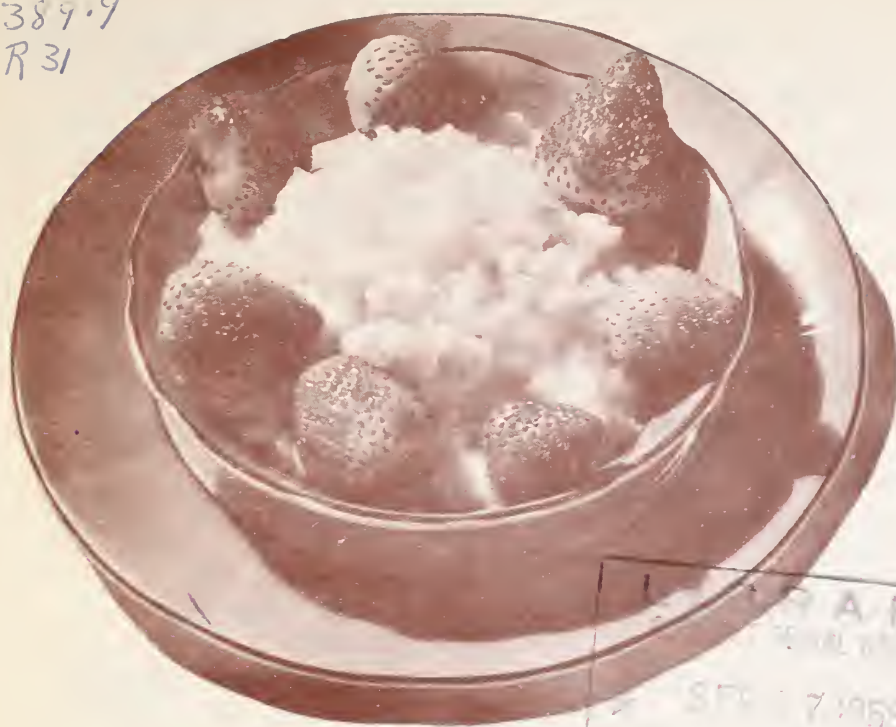


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Cooking *White* **RICE**

30227-C

Many kinds of rice are on the market these days--regular white rice, various undermilled rices including brown rice, and rice treated in different ways by the manufacturer.

The cooking directions given here are for the regular white rice--the kind that has had all of the outer layers removed and hasn't been treated to retain the vitamins, or has not been partially cooked before marketing. Whether it's long grain, medium grain, or short grain, cooking methods are similar.

RICE IN FAMILY MEALS

Rice, like other cereals, supplies food energy at relatively low cost. White rice is low in protein, although that which it contains is of good quality. It is also low in minerals and vitamins. So when you use white rice, be sure to serve with it foods that supply the nutritive values rice lacks--

With eggs, meat, fish, poultry, milk, or cheese to supply good quality proteins, and vitamins and minerals.

With vegetables, especially green and yellow kinds, to provide vitamins and minerals.

With fruit--fresh or dried, raw or cooked--for vitamins and minerals.

Its texture and mild flavor make rice a good mixer--it combines well with all these foods and can be used in many different ways. You can serve rice at any meal--

For breakfast--as a cereal, with plenty of fruit and milk or cream... in waffles.

For dinner--in meat cakes...with meat or fish in baked dishes...with panned vegetables...in stuffings for meat or fish.

For lunch or supper--with eggs or cheese in omelets or baked dishes... with creamed meat, fish, or eggs...in desserts.

FOLLOW THESE RULES

For white rice at its best, follow these general directions for cooking:

Do not wash the rice unless necessary. Packaged rice should be clean enough to use without cleaning, but if you are not satisfied to use it as it comes from the package, "dry clean" it or wash with very hot water. To dry clean rice, pick out husks and poor grains and rub the rice in a towel.

Cook rice in as little water as possible. It retains more flavor and has a better texture than when a needlessly large quantity of water is used.

Boil rice gently--keep the heat low. Rapid boiling may break the grains, and also may make the rice boil over. Cover the pan tightly.

Do not rinse rice after cooking. If you follow the rules given here, the grains will be smooth and separate without rinsing.

SOME LIKE IT FIRM...SOME LIKE IT SOFT

Some like rice fluffy and dry, firm yet tender, with each grain standing out separately. Some like it more moist so that it packs together easily. Moist rice is best if you're going to make a ring mold or patties or croquettes--they hold their shape better with moist rice. The directions given below tell how to cook rice either way.

Prepared by these methods, 1 cup of uncooked rice makes about 3 cups cooked, enough for six servings.

Short Boil Method...for Firm, Tender Rice

| | |
|---------------------|---------------------------------------|
| 1 cup uncooked rice | 1/2 teaspoon salt |
| 2 cups water | 1/2 teaspoon bland cooking fat or oil |

Stir rice into rapidly boiling salted water. Add cooking oil or shortening to reduce foaming. Bring back to the boiling point, and lower heat until the water is just bubbling. Cover tightly and cook slowly 20 minutes. Turn off the flame or remove the pan from direct heat, and let stand 10 minutes, covered tightly, for the rice to finish cooking in its own steam.

For Softer Rice

For a softer cooked rice, increase water to 2-1/4 cups and cook slowly for 25 minutes. Remove the pan from direct heat and let stand 10 minutes, covered tightly. Serve hot.

Oven Method

1 cup uncooked rice
1/2 teaspoon salt
2 cups boiling water

Place rice and salt in a baking dish. Pour boiling water over rice. Stir, cover, and bake at 350°F. (moderate oven) 30 minutes or until rice is tender.

WHEN RICE IS LEFT OVER

To keep cooked rice for future use, cover it and put it in a cold place.

To reheat rice, steam it in a colander or sieve over boiling water, or add a few tablespoons of water to the rice and heat it in a covered pan over boiling water or in the oven. Stir the rice once or twice with a fork while it is heating.

The following rice recipes are from publications previously issued by the U.S. Department of Agriculture:

MAIN DISHES

Chicken Fricassee on Rice

Place meaty pieces of chicken in a kettle. Cover with slightly salted water, and simmer 3 to 4 hours or until tender.

Make a gravy from the broth which remains after cooking, allowing 2 tablespoons of flour to thicken each cup of broth. Season to taste.

Reheat chicken in the gravy. Serve chicken over cooked rice.



76963-B

Rice with Chicken and Cheese

1-1/2 cups diced chicken
Chicken bones
Salt
1 onion, chopped fine

1-1/2 tablespoons chicken fat
1/2 cup uncooked rice
Grated cheese

Cover chicken bones with water and simmer an hour or longer. Drain off broth. Add water, if needed, to make 2 cups broth. Add salt to taste.

In a large fry pan, cook onion a few minutes in chicken fat; add broth. When it boils rapidly, add the rice slowly. Cover the pan. Simmer rice about 25 minutes or until the grains swell and become soft. Stir with a fork from time to time to keep the rice from sticking.

By the time the rice is done, it will have absorbed the broth, and the grains will be large and separate. Then add the chicken and more salt if needed. Turn mixture onto a hot platter, and sprinkle generously with grated cheese. Four servings.

Rice and Beef Cakes in Tomato Sauce

1 pound ground beef
2 cups cooked rice
1 egg
1 tablespoon chopped parsley
2 tablespoons chopped onion

2 teaspoons salt
1/8 teaspoon pepper
2 tablespoons cooking fat or oil
2 cups tomato sauce or thin tomato soup*

Combine all ingredients except the fat or oil and tomato sauce or soup. Shape mixture into flat cakes and brown on both sides in the fat or oil in a fry pan. Pour the sauce or soup over the browned cakes, cover the pan, and bake at 350°F. (moderate oven) 30 minutes, basting the cakes with the sauce or soup once or twice as they cook. Six servings.

*If a can of condensed soup is used, enough water should be added to make 2 cups.

Sausage and Rice

1/2 to 1 pound link sausage
2 tablespoons water
1 green pepper, chopped

1 small onion, chopped
3 cups cooked rice
1 cup milk

Cook sausage with the 2 tablespoons of water slowly for 10 minutes in a covered fry pan. Drain most of fat from pan, add green pepper and onion and cook a few minutes. Combine with the rice and place a layer of the mixture in a greased baking dish. Arrange partly cooked sausage in a layer over the rice and cover with remaining rice. Pour milk over top. Cover and bake at 350°F. (moderate oven) 30 minutes. Remove lid and bake 30 minutes longer. Six servings.

For variety: One-half pound diced cooked ham may be used instead of the sausage. One to 2 tablespoons of fat or oil will be needed to cook onion and pepper.

Pork Timbales

1-1/2 cups cooked rice
1-1/2 cups diced cooked pork
1 tablespoon finely diced onion
2 eggs, beaten

1 cup milk
1/3 cup meat broth or milk
1/2 teaspoon salt
Pepper

Mix all ingredients together. Divide mixture among custard cups or individual baking dishes. Place cups in pan of very hot water and bake at 350°F. (moderate oven) about 30 minutes or until a knife inserted in the center of timbale comes out clean. Four servings.

For variety: Cooked ham, chicken, turkey, fish, or rabbit may be used in place of the pork. For a company meal, add mushrooms, fresh or canned. Mushroom sauce may be served on the timbales.

Swiss Steak on Rice

Select about 1-1/2 pounds of beef from the rump, round, or chuck, or a slice of veal, cut about 1 inch thick. Season the meat with salt and pepper, sprinkle with flour. Pounding helps to make the meat tender.

Cut steak into individual portions and brown in suet or other fat in a heavy fry pan or kettle. Then add 2 cups cooked or canned tomatoes or water. Partly cover with a lid and simmer about 1-1/2 hours or until meat is tender enough to cut with a fork.

Serve the meat on piping hot rice, with the gravy poured on top.



46160-B

Peanut-Cheese Loaf

2/3 cup cooked rice
1/4 cup chopped green pepper
3 tablespoons minced onion
1 teaspoon salt
2 teaspoons lemon juice

1 cup chopped salted peanuts
2/3 cup fine crumbs
1/4 pound cheese, grated (about 1 cup)
1 egg
1/3 cup milk

Combine all ingredients. Put mixture into a greased loaf pan and bake at 350°F. (moderate oven) about 1 hour. Serve hot with mushroom or tomato sauce. Four servings.

Liver Loaf

| | |
|----------------------------------|---------------------------------------|
| 1-1/2 pounds liver | 1 teaspoon salt |
| 2 tablespoons cooking fat or oil | 1 cup cooked rice |
| 1/4 cup chopped onion | 1 egg, beaten |
| 1/4 cup chopped celery | About 2/3 cup milk or canned tomatoes |
| 1/4 pound pork sausage | |

Brown the liver lightly in the fat or oil. Remove liver and chop fine. Brown the onion and celery in the fat or oil and add to the liver. Add the rest of the ingredients, using just enough milk or tomatoes to moisten the mixture well.

Pack firmly into a loaf pan. Bake at 350°F. (moderate oven) 1-1/2 to 2 hours. Four servings.

To serve with spanish sauce:

| | |
|----------------------------------|------------------------------|
| 2 tablespoons chopped onion | 1/2 cup chopped celery |
| 2 tablespoons cooking fat or oil | 1/2 cup chopped green pepper |
| 1 tablespoon flour | Salt and pepper |
| 2 cups cooked tomatoes | |

Brown the onion in the fat or oil and blend in the flour. Add the other ingredients and cook about 20 minutes, or until rather thick.

Pork Chop Suey

| | |
|--|--|
| 2 cups diced cooked pork | 2 cups canned bean sprouts with liquid |
| 1/4 cup sliced mushrooms | |
| 2 tablespoons cooking fat or oil | 3 tablespoons cornstarch |
| 1 cup thinly sliced celery | 3 tablespoons soy sauce |
| 1 small carrot, cut in thin strips | Salt and pepper to taste |
| 1 medium onion, thinly sliced | 1-1/2 cups hot cooked rice |
| 1-1/2 cups meat broth (or water with 3 bouillon cubes) | |

Brown lightly pork and mushrooms in fat or oil over low heat. Add celery, carrot, onion, and broth.

Cover the pan and simmer 10 to 15 minutes, or until vegetables are tender. Add the bean sprouts and liquid, and heat to boiling.

Mix the cornstarch and soy sauce; add gradually to the boiling mixture, stirring constantly. Cook 2 minutes or until slightly thickened; add salt and pepper. Serve over rice. Six servings, about 1 cup each.

For variety: Rabbit or chicken may replace the pork.

Spanish Pork Cutlet

| | |
|--|---------------------------------------|
| 1 tablespoon finely chopped onion | 1/8 teaspoon worcestershire sauce |
| 1 tablespoon finely chopped green pepper | 6 pork cutlets or lean chops |
| 1 tablespoon coarsely chopped celery | 1 tablespoon cooking fat or oil |
| 1 teaspoon cooking fat or oil | 6 slices spanish or bermuda onion |
| 1 cup cooked rice | 2 tablespoons fine dry bread crumbs |
| 1 cup canned tomatoes | 1 teaspoon melted butter or margarine |
| 1/4 teaspoon salt | Few grains salt |
| 1/2 teaspoon sugar | |

Brown the chopped onion, green pepper, and celery in the teaspoon of fat or oil. Add rice, tomatoes, salt, sugar, and worcestershire sauce. Simmer until thick.

Roll cutlets or chops in flour. Brown in the tablespoon of fat or oil until almost tender. Place in a baking pan. Form a mound (3 tablespoons) of the rice mixture on each pork cutlet or chop and top with a slice of onion. Mix bread crumbs, butter or margarine, and salt. Sprinkle over the onion slices. Bake at 325°F. (slow oven) for 1 hour or until meat is tender and onion is cooked. Six servings.

Baked Rice and Cheese

| | |
|---|---|
| 3 cups cooked rice | 1 teaspoon salt |
| 2 cups coarsely grated cheese | Cayenne pepper, to taste |
| 2 tablespoons finely chopped green pepper or pimiento | 1/2 cup bread cubes or coarse crumbs |
| 2 eggs, beaten | 1 tablespoon melted butter or margarine |
| 1-1/4 cups milk | |

Arrange alternate layers of rice, cheese, and green pepper or pimiento in a greased baking dish. Combine beaten eggs, milk, salt, and pepper. Pour over rice and cheese mixture. Toss bread cubes in melted fat and sprinkle over top. Bake at 350°F. (moderate oven) about 45 minutes or until mixture is set and top is lightly browned. Six servings.

Eggs Creole

| | |
|----------------------------------|---------------------|
| 1/4 cup chopped onion | 2 cups water |
| 1/4 cup chopped green pepper | 1 cup uncooked rice |
| 2 tablespoons cooking fat or oil | Salt and pepper |
| 2-1/2 cups tomatoes | 6 eggs |

Lightly brown the onion and green pepper in the fat or oil. Pour in tomatoes and water; bring to boiling. Add the rice and cook slowly until rice is tender (25 to 30 minutes). Add more water if rice becomes dry. Season with salt and pepper. Drop in the whole eggs, broken out of shell, cover, and simmer about 10 minutes or until eggs are firm.

If preferred--instead of the poached eggs--quarter 6 hard-cooked eggs and serve on top of the creole rice. Six servings.



30226-C

Carrot-Cheese-Rice Casserole

| | |
|------------------------------------|-----------------------------------|
| 2-1/2 cups grated raw carrots | 1 tablespoon finely chopped onion |
| 3/4 cup water | 1-1/2 cups grated cheese |
| 3 eggs | 1/2 teaspoon salt |
| 1-1/2 tablespoons melted butter | 1/2 teaspoon worcestershire sauce |
| or margarine | Few grains pepper |
| 2 cups cooked rice, lightly packed | |

Parboil grated carrots 5 minutes in boiling water. Drain well and save liquid to use in the sauce. Beat eggs. Combine all ingredients, blending well. Turn into well-greased baking dish. Set in pan of hot water and bake at 325°F. (slow oven) for 50 minutes or until set. Serve with a vegetable sauce. Six servings.

Rice-Cheese Casserole

| | |
|--|--|
| 1/4 cup canned mushrooms, stems and pieces | 1/2 cup grated cheese |
| 1 tablespoon finely chopped onion | 1-3/4 teaspoons salt |
| 1/4 cup coarsely chopped almonds | Few grains pepper |
| 1 tablespoon butter or margarine | 1 teaspoon meat extract |
| 1/2 cup uncooked rice | 1-1/2 cups boiling water and mushroom liquid |
| 2 tablespoons finely chopped parsley | |

Drain the mushrooms; save the liquid. Lightly brown the mushrooms, onion, and almonds in the fat. Add rice, parsley, and grated cheese. Mix thoroughly. Place mixture in a baking dish. Add salt, pepper, and meat extract to the water and mushroom liquid and pour over the rice mixture. Cover. Bake at 350°F. (moderate oven) for 45 minutes to 1 hour, or until rice is done. Six servings.

Rice Omelet

| | |
|-----------------------------------|--------------------|
| 3 tablespoons butter or margarine | Dash of pepper |
| 2 tablespoons flour | 2 cups cooked rice |
| 3/4 cup milk | 4 eggs, separated |
| 1/2 teaspoon salt | |

Melt 2 tablespoons of the fat and blend in the flour. Add milk, salt, and pepper and cook over low heat, stirring constantly until thickened. Add the rice to the hot sauce. Beat egg yolks thoroughly, stir the hot sauce in very slowly. Fold all into the egg whites, beaten stiff but not dry. Heat the other tablespoon of fat in a fry pan and add the omelet mixture.

Cook slowly until the omelet has set and browned lightly on the bottom and sides. Then place under a low broiler flame 2 or 3 minutes to brown on top. Crease the omelet through the center with a knife, fold it over, and roll it onto a hot platter. Serve at once. Six servings.

Or, bake the omelet at 350°F. (moderate oven) until set and serve in the baking dish.

For variety: Grated cheese, mushrooms, or onions browned in fat may be spread over the top before the omelet is folded.

A sweet omelet may be made by adding a tablespoon of sugar to the mixture before cooking, and spreading the top with jelly, jam, or marmalade before the omelet is folded.

Salmon, Rice, and Tomatoes

| | |
|---|---------------------------------------|
| 1/4 cup chopped onion | Salt and pepper |
| 1/4 cup chopped green pepper | 1/3 cup uncooked rice |
| 2 tablespoons cooking fat or oil | 1/4 cup chopped olives |
| 1-1/2 cups boiling water | 2 cups flaked canned or cooked salmon |
| 2 cups cooked or canned tomatoes, or 2-1/2 cups chopped raw tomatoes | |

Cook onion and green pepper in the fat or oil in a large fry pan until the onion is yellow. Add water, tomatoes, and salt and pepper to taste. Bring to boil.

Add rice and simmer until rice is tender--20 to 25 minutes--adding more water, if needed. Add olives and fish and cook 2 or 3 minutes longer to blend the flavors. Four servings.

One cup of cooked rice may be used instead of the uncooked rice. Omit boiling water. Add the rice, olives, and fish as soon as the vegetables are tender and cook 5 to 10 minutes longer.

For variety: Celery may be used instead of the green pepper; other fish in place of salmon.

STUFFINGS AND SEASONINGS

Fruit Rice Stuffing

| | |
|----------------------------|------------------------------------|
| 1/2 cup chopped onion | 1-3/4 cups uncooked chopped prunes |
| 1/4 cup cooking fat or oil | 1/4 teaspoon poultry seasoning |
| 3 cups cooked rice | 2 teaspoons salt |
| 2 cups cubed apples | 1/4 teaspoon pepper |

Simmer onion in fat or oil until tender and mix thoroughly with rice. Combine with remaining ingredients. Mix well. Makes about 6 cups. Especially good with pork or poultry.

Rice and Parsley Stuffing

| | |
|----------------------------|-------------------------|
| 1 small onion, chopped | 4 cups cooked rice |
| 1/2 cup diced celery | 1/4 cup chopped parsley |
| 1/4 cup cooking fat or oil | 1 teaspoon salt |

Cook onions and celery in the fat or oil until tender. Add rice, parsley, and salt. Toss lightly with a fork. Makes about 5 cups. Especially good with fish.

Curried Rice

| | |
|----------------------------------|-------------------------------------|
| 2 tablespoons cooking fat or oil | 2 cups boiling water or meat stock* |
| 1 cup uncooked rice | 1 to 2 teaspoons curry powder |
| 1 tablespoon chopped onion | 2 teaspoons salt* |

Heat the fat or oil in a fry pan, add rice and onion, stir over low heat until rice is golden brown. Add the boiling water or stock and seasonings. Cover tightly and cook over low heat 20 to 25 minutes or until rice is tender. Six servings.

Curried rice is good to serve with meats or fish at dinner, or for lunch or supper with creamed eggs, chicken, fish, or vegetables.

*If salted stock is used, salt may be reduced.

VEGETABLE DISHES

Rice with Panned Vegetables

4 cups uncooked vegetables 3 cups cooked rice, hot
2 tablespoons cooking fat or oil

Spinach, cabbage shredded fine, summer squash cut in small pieces, or okra pods or green beans sliced very thin may be used. Pack well into the cup when measuring. Heat the fat or oil in a heavy fry pan, add the vegetables, and cover. Cook slowly until tender, stirring occasionally. Add salt and pepper to taste, and serve over the hot rice. Six servings.

For variety: Pan several vegetables together. Add bits of crisp cooked bacon or cooked meat or a little minced onion near the end of the cooking.

Spanish Rice

3 tablespoons finely chopped onion 2 cups canned tomatoes
3 tablespoons chopped green pepper 3/4 teaspoon salt
3 tablespoons coarsely chopped celery 1 teaspoon sugar
1 tablespoon cooking fat or oil 1/8 teaspoon worcestershire sauce
1-3/4 cups cooked rice

Lightly brown the onion, green pepper, and celery in the fat or oil. Add rice, tomatoes, salt, sugar, and worcestershire sauce. Simmer until thick. If desired, cooked ground or chopped meat or crisp chopped bacon may be added to the spanish rice. Six servings.

A variation of this recipe is stuffed peppers: Cut 3 large green peppers in half, discard the seeds and parboil 5 minutes. Drain peppers and fill halves with the spanish rice mixture. Bake at 400°F. (hot oven) until brown. Serve with a cheese sauce, if desired.



78499-B

Baked Rice and Vegetables

| | |
|---|---------------------|
| 2 cups cooked rice | 1 teaspoon salt |
| 1 cup cooked green peas or lima beans | 1/4 teaspoon pepper |
| 1 cup cooked carrots or whole kernel corn | 1-1/4 cups milk |
| | 4 slices bacon |
| 1 to 2 tablespoons chopped onion | |

Place alternate layers of rice and vegetables in greased baking dish, sprinkling each layer with salt and pepper. Add milk and lay slices of bacon on top. Bake at 350°F. (moderate oven) 30 to 40 minutes or until bacon is well done. Six servings.

SAUCES FOR VEGETABLE AND MAIN DISHES

Cheese Sauce

| | |
|-----------------------------|--------------------------|
| 1/4 cup butter or margarine | 2 cups hot milk |
| 1/4 cup sifted flour | 1-1/2 cups grated cheese |
| 1/2 teaspoon salt | |

Melt the fat; blend in the flour and salt. Stir into the hot milk. Cook until thickened, stirring constantly. Add grated cheese and stir until melted.

For vegetable sauce: Omit the cheese and add 3/4 cup cooked peas to the white sauce.

For mushroom sauce: Omit the cheese and add 1/2 cup cooked mushrooms to the white sauce.

SALAD

Chicken-Avocado-Rice Salad

| | |
|-------------------------------|---|
| 2 tablespoons lemon juice | 1/2 teaspoon finely chopped green onion |
| 1-1/2 cups cubed avocado | |
| 1 cup cubed cooked chicken | 1 teaspoon salt |
| 1 cup cooked rice | 2 tablespoons sour cream |
| 1/2 cup finely chopped celery | 2 tablespoons mayonnaise |

Pour the lemon juice over avocado. Combine the remaining ingredients, add avocado mixture, and toss lightly. Chill. Serve on a crisp lettuce leaf. Six servings.

BREAD

Rice Muffins

| | |
|--------------------------------|-------------------------------------|
| 1 cup sifted all-purpose flour | 1 egg |
| 2 tablespoons sugar | 1/4 cup milk |
| 1 tablespoon baking powder | 1-1/2 tablespoons melted shortening |
| 1/4 teaspoon salt | or oil |
| | 2/3 cup cooked rice |

Sift together flour, sugar, baking powder, and salt. Beat eggs and combine with milk, melted shortening or oil, and rice. Add milk mixture to the dry ingredients and mix only until combined. Fill greased muffin pans two-thirds full. Bake at 375°F. (moderate oven) for 25 to 30 minutes or until brown. Six servings.

Cinnamon Rice Waffles

| | |
|-------------------------------|----------------------------------|
| 1-1/2 cups sifted flour | 4 eggs, separated |
| 1 teaspoon salt | 1-1/2 cups cooked rice |
| 2-1/4 teaspoons baking powder | 1-1/4 cups milk |
| 1 tablespoon sugar | 1 teaspoon grated lemon rind |
| 1 teaspoon cinnamon | 1/3 cup melted shortening or oil |

Sift dry ingredients together. Beat egg yolks and combine with rice, milk, lemon rind, and melted shortening or oil. Add to dry ingredients and stir until blended. Beat egg whites until stiff but not dry and fold into the batter. Bake in hot waffle iron. Makes 6 or 7 waffles.

Cinnamon rice waffles are good for breakfast as well as for dessert. Or leave out cinnamon and lemon rind and serve the waffles with creamed meat or fish for lunch or supper.

DESSERTS

Rice Bavarian Cream

| | |
|-----------------------|----------------------|
| 1/2 cup uncooked rice | 1/2 teaspoon vanilla |
| 1 teaspoon salt | 1 tablespoon gelatin |
| 4 cups milk | 1/4 cup water |
| 1/2 cup sugar | 2 egg whites |
| Nutmeg or cinnamon | |

Cook rice and salt in milk over hot water until rice is soft and the mixture is thick (about 45 minutes). Stir frequently. Add sugar, spice, and vanilla. Soak the gelatin in the water a few minutes and stir it into the hot rice mixture. Let mixture cool and, when nearly set, fold in the whites of eggs beaten stiff but not dry. Turn into molds and chill. Serve with whipped cream or a dessert sauce. Six servings.

Molded Rice Pudding

1/3 cup uncooked rice
1/4 teaspoon salt
3 cups milk
2 tablespoons butter or margarine
1/4 cup granulated sugar

1/3 cup brown sugar
Maple, almond, or vanilla flavoring
2 teaspoons gelatin
1/4 cup water

Cook rice and salt in milk over hot water until rice is soft and the mixture is thick (about 45 minutes). Stir often. Add fat, sugar, and flavoring. Soak the gelatin in the water a few minutes and stir into the hot pudding. Cool, pour into molds, and chill. Serve plain or with whipped cream or a dessert sauce. Six servings.

Rice and Pineapple Cream

1/2 cup heavy cream
1 cup diced fresh or canned
pineapple, well drained
1/2 cup sugar
1-1/2 cups cold, cooked rice
1/2 teaspoon vanilla

Whip cream until stiff. Combine with pineapple, sugar, rice, and vanilla. Chill thoroughly before serving. Six servings.

For variety: Other drained fruits may be used.



Creamy Rice

30223-C

Rice cooked in milk is creamy and has a pleasing, delicate flavor and higher food value than when cooked in water alone. For cooking in a double boiler or 350°F. oven, use 4 cups milk, 1 cup rice, and 1/2 teaspoon salt. Cook 45 minutes or until rice is tender and the milk absorbed.

Creamy rice is good as a breakfast cereal or as a dessert with sugar, flavorings, spices, fruits, or chopped nuts. If cooked until the kernels are very soft and the liquid is absorbed, creamy rice is especially attractive molded, chilled, and served with fresh or preserved fruits.

Fruit and Nut Rice Pudding

Pudding:

| | |
|----------------------------------|-------------------------------|
| 2 egg yolks, beaten | 2/3 cup cooked rice |
| 1 cup milk | 2/3 cup cooked and mashed |
| 1/2 cup sugar | dried fruit (prunes, raisins, |
| 1 tablespoon flour | or apricots) |
| 1/4 teaspoon salt | 1/2 cup broken nut meats |
| 1/2 teaspoon vanilla, if desired | 1 tablespoon melted butter or |
| | margarine |

Combine egg yolks with the milk, sugar, flour, salt, and vanilla. Stir in the rice, fruit, nuts, and fat. Pour into a lightly greased baking dish, and bake at 350°F. (moderate oven) for 30 minutes. Spread meringue over the pudding to the edge and bake 15 minutes at 325°F. (slow oven). Six servings.

Meringue:

| | |
|-------------------|-------------------|
| 2 egg whites | 1/4 cup sugar |
| 1/8 teaspoon salt | Few drops vanilla |

Beat the egg whites with the salt until stiff but not dry, and add the sugar gradually, beating after each addition. Add the vanilla last.

For pie: Pour the pudding mixture into an unbaked 9-inch pie shell, and bake 20 minutes at 350°F. (moderate oven). Add meringue and bake 12 to 15 minutes at 325°F. (slow oven).

Creamy Rice Pudding

| | |
|-----------------------|----------------------|
| 1/4 cup uncooked rice | 1/8 teaspoon nutmeg |
| 1 quart hot milk | 1/4 cup raisins |
| 1/4 cup sugar | 3/4 teaspoon vanilla |
| 1/4 teaspoon salt | |

Combine rice and milk. Place the mixture in a greased baking dish. Bake covered at 250°F. (very slow oven) 1 hour, stirring 4 times. Combine sugar, salt, and nutmeg. Stir into rice mixture with the raisins and vanilla. Bake mixture uncovered, 1-1/2 hours longer. Six servings.

Rice Cakes

| | |
|---------------------|-------------------------------|
| 2 cups cooked rice | 1/8 teaspoon grated nutmeg or |
| 3 tablespoons sugar | grated rind of 1/2 orange |
| 1 egg, beaten | Fat for frying |

Combine all ingredients but fat. Heat a little fat in frying pan, and drop in rice mixture by spoonfuls. Flatten into cakes. Cook over low heat, browning cakes on both sides. Serve plain or with a dessert sauce. Six servings.

SAUCES FOR RICE DESSERTS

To dress up a plain rice pudding, custard, or creamy rice:

Honey-Orange Sauce

| | |
|----------------------|-------------------------------|
| 1/2 cup liquid honey | 1 teaspoon grated orange rind |
| 1/4 cup orange juice | Few grains salt |

Mix the ingredients until well blended. Makes 3/4 cup.

Honey-Chocolate Sauce

| | |
|--|--------------------|
| 1 cup liquid honey | 1 teaspoon vanilla |
| 1/2 cup water | Few grains salt |
| 2 ounces (2 squares) unsweetened chocolate, coarsely grated | |

Boil honey and water until it spins a thread (230°F.). Remove from heat; add chocolate. Beat thoroughly after chocolate has melted. Add vanilla and salt. Makes 1 cup.

Peanut Butter Fruit Sauce

| | |
|-------------------------|---|
| 1/2 cup sugar | 1/4 cup peanut butter |
| 1/2 cup dark corn sirup | 1/4 cup raisins or chopped candied fruit |
| 1/3 cup water | |
| 1/2 teaspoon salt | |

Mix sugar, corn sirup, water, and salt. Simmer 10 minutes. Cool and add slowly to peanut butter, stirring until well mixed. Stir in the raisins or candied fruit. Makes about 1 cup.

Sour Cream Sauce

| | |
|-----------------------------|--|
| 1/3 cup butter or margarine | 1/4 teaspoon vanilla |
| 1 cup confectioner's sugar | 1/4 to 1/2 cup sour cream, plain or whipped |
| 1/4 teaspoon lemon juice | |

Cream the fat. Add the sugar slowly and beat well. Add lemon juice and vanilla. Beat in enough sour cream to make the sauce light and fluffy. Makes about 1 cup.